IBRA - scholarship report

Information about Scholar and fellowship

- **Name of Scholar (Family Name/First Name):** Vater, Adrian, Dr. med.
- **Country of Citizenship:** Deutschland
- **Name and Country of Training Center:** OrthoNOW - Hand to Shoulder Center
- **Name of Fellowship Director:** Alejandro Badia, MD, FACS
- **Scholarship Type (Program B or C):** B
- **Scholarship date (from – until):** October 15th – November 13th, 2022

- **What were your professional and personal expectations of the scholarship?**

My professional expectations of this scholarship one the one hand was to get a focused insight into high level upper extremity and especially hand and wrist surgery in a private practice setting. On the other hand, I did not know much about the US healthcare system. Learning how things work there was another main goal of this scholarship.

Personally, I was very excited to meet one of Americas best hand surgeons, Dr. Badia in this fantastic region in the sunshine state of Florida and accompany him in his daily work.

Finally, I planned to improve my English, especially my Medical English. This seems to be very useful not only in daily conversation with international colleagues and patients, but also in a scientific sense such as writing papers and getting a better understanding of publications.

- **What is the main focus of the IBRA training center (in general and of the department) you assisted in?**

The main focus of OrthoNOW - Hand to Shoulder Center is treatment of all kinds of hand and upper extremity injuries and illnesses such as acute fractures, tendon and ligament problems, osteoarthritis, inflammation and nerve compression syndromes. It is divided into an urgent care center, rehab division and the Hand to Shoulder Center itself.

- **What did you do during your scholarship/how were you incorporated in the training center's daily routines/activities:**

I was integrated in the daily work in the center from Monday till Friday. I attended Dr. Badia in his consultation hours in the outpatient clinic on Monday and Thursday and as an observer in his surgical procedures on tuesdays. Tuesdays was exclusively for surgery with up to 25 surgical procedures per day. On wednesdays and fridays there was opportunity to see some urgent care patients with all kinds of orthopedic trauma or to join the rehab division.

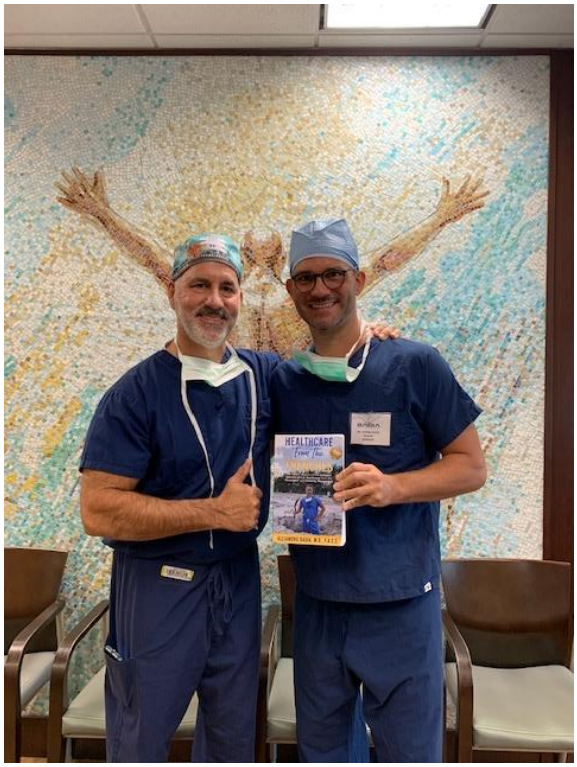
I am a plastic and hand surgery resident, so it was quite a benefit to get to know some effective therapy options for elbow and shoulder problems as we do not see

these patient collective in clinical routine. I was able to broaden my horizon in these special orthopedic pathologies.
But, for sure, I had a big focus on hand surgery procedures.

Dr. Badia is one of the first hand surgeons in the US who performs basal joint replacement procedure for treatment of osteoarthritis.
He is also specialized in minimally invasive therapies such as arthroscopic procedures in all joints of the hand, elbow and shoulder.

In total, I have seen about 50 surgery procedures during my stay. All of them were performed in the upper limb and about 80% of all were hand surgery procedures.
He performs all kinds of procedures in this body part. Acute problems such as tendon and ligament tears or fractures as much as chronic, inflammatory and degenerative pathologies.

One of my favorite procedures was definitely basal joint replacement. This procedure is not very commonly used in Germany so far, but could be a good option to address basal joint arthritis without resection of the trapezium.
Maybe this could be adopted by our hospital in the future to enlarge the surgical armament for this patient collective.

To all future fellow I can deeply recommend Miami and OrthoNOW to spend some time, even if a 4-week-fellowship might be too short and costs in the US are currently rising.

Finally, I want to thank Dr. Alejandro Badia and his team for having me in his office as IBRA-fellow. He was not only teaching me in medical issues, he was inspiring me also in entrepreneurship in his way of being a main protagonist and pioneer in the US healthcare system.